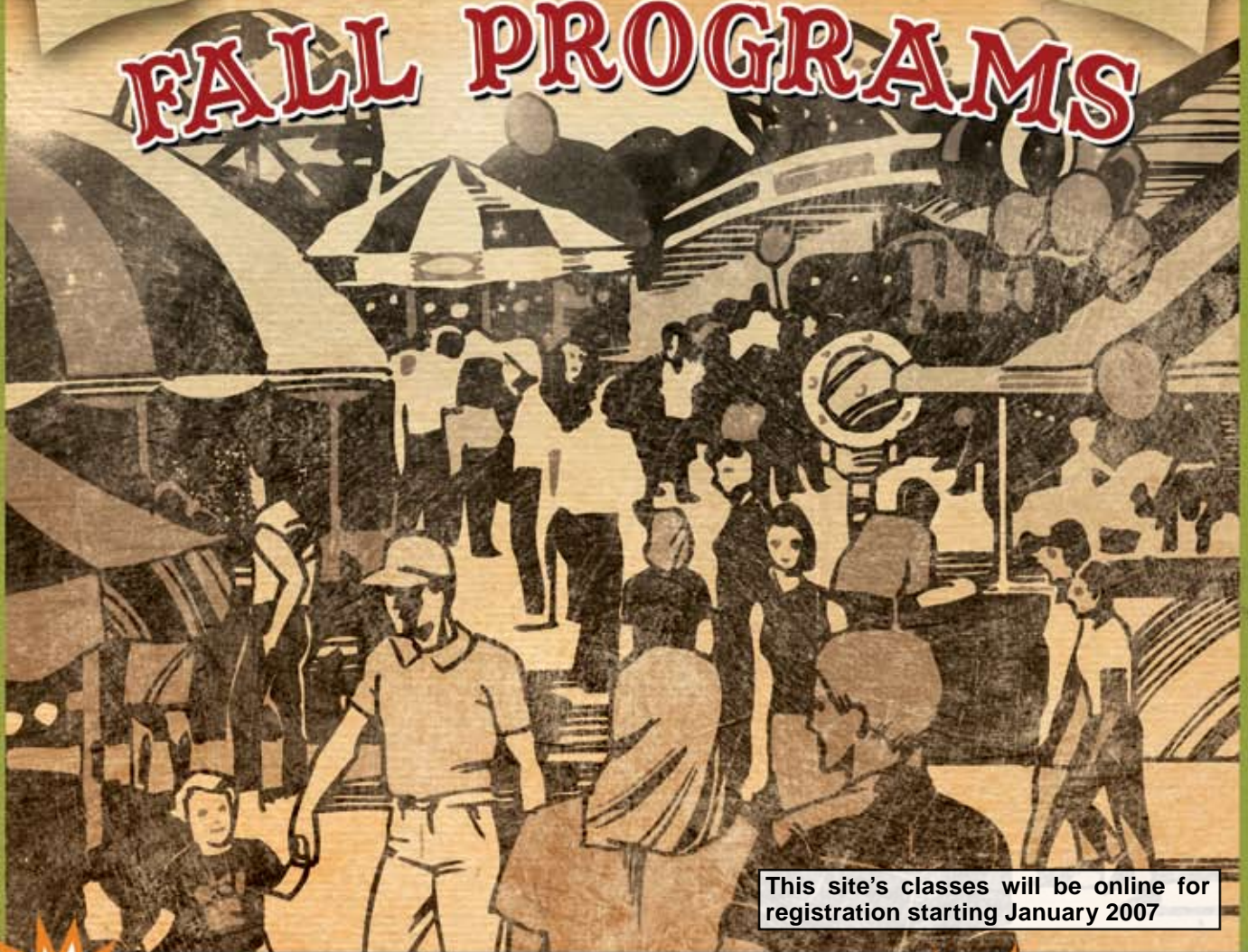




SEATTLE PARKS
AND RECREATION

NORTHGATE - COMMUNITY CENTER -

2006 FALL PROGRAMS



This site's classes will be online for
registration starting January 2007

NEW!

REGISTER ONLINE - it's easy!

www.seattle.gov/parks

SPARC

Northgate Community Center

10510 5th Ave NE
Seattle, WA 98125
Phone: 206-38N-GATE
(206-386-4283)
Visit us online at www.seattle.gov/parks

Hours of Operation

Mon./Wed./Fri.	1:00 p.m. - 9:00 p.m.
Tues./Thurs.	10:00 a.m. - 9:00 p.m.
Saturday	10:00 a.m. - 5:00 p.m. (Starting September 9)
Sunday	Closed

Program registration

Begins Monday, August 14, 2006

Program dates

September 18 - December 30, 2006

Holiday closures

Friday, November 10th	Veterans Day
Thurs./Fri., November 23rd-24th	Thanksgiving
Monday, December 25th	Christmas
Monday, January 1st, 2007	New Years

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

Management Staff

Ken Bounds, Superintendent
B. J. Brooks, Deputy Superintendent
Christopher Williams, Operations Director
Maureen A. O'Neill, North Recreation Manager
Dave Gilbertson, Senior Program Coordinator

Professional Staff: (206) 386-4283

Pati Maxwell, Recreation Center Coordinator
Monica Wort, Asst. Rec. Center Coordinator
Damien Hicks, Recreation Leader
Sonja O'Claire, Recreation Attendant
Sue Hare, Maintenance Laborer

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Seattle Public Library Northgate Branch Hours

Monday, Tuesday	1:00 - 8:00 p.m.
Wednesday, Thursday	10:00 a.m. - 8:00 p.m.
Friday, Saturday	10:00 a.m. - 6:00 p.m.
Sunday	12 noon - 5:00 p.m.
Pre-School Story Time	
Thursday	10:30 - 11:00 a.m.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to the City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Refund Information

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
 - Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
 - Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.



Directions from I-5 North:

- Merge onto I-5 N toward VANCOUVER B.C..
- Take the 1ST AVE NE exit- EXIT 173 - toward NORTHGATE WAY.
- Turn LEFT onto 1ST AVE NE.
- Turn RIGHT onto NE NORTHGATE WAY
- Turn RIGHT onto 5TH AVE NE.
- End at 10510 5th Ave NE

Directions from I-5 South:

- Merge onto I-5 S toward SEATTLE.
- Take the NORTHGATE WAY exit- EXIT 173- toward 1ST AVE NE.
- Take the NORTHGATE WY. ramp toward 1ST AVE. N.E..
- Turn SLIGHT RIGHT onto CORLISS AVE N.
- Turn SLIGHT RIGHT onto N NORTHGATE WAY.
- Turn RIGHT onto 5TH AVE NE.
- End at 10510 5th Ave NE

SPECIAL EVENTS

Kid Depot

Moms and Dads - Want to take a class but don't want to take your child with you? Now you can take a class, work out, or even, do a little shopping in peace. Drop off your child - time limits apply. See community center for more details.



Fall Special Events

The First Annual Northgate "Old Country Fair"

October 17 - 21, 2006

Tuesday, October 17

Enjoy the old fashioned way of baking pies as well as learning the basics of handwork, including sewing, quilting, knitting and spinning. See pages 6 & 14.

Wednesday, October 18

1st Annual Cook Off

Show off your skills as a pastry chef-contests for all ages. Bring back the lost art of canning and preserves. Stew, soup and goulash-how do you compare to others? Here's your chance to show all of Northgate.

Thursday, October 19 - Saturday, October 21

Thursday/Friday 6:00 - 8:00pm

Saturday 10:00am - 3:00pm

Arts and Crafts Exhibition and Sale. If you are interested in renting a table, please call the Northgate Community Center at 386-4283.

Friday, October 20

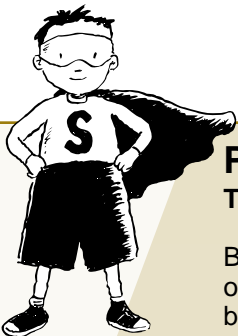
Our 1st Annual Country/Bluegrass Band Extravaganza. If you are interested in taking part in the extravaganza please contact the Northgate Community Center for more information. Open to all ages. If you are part of a band or group and are interested in taking part in this event please call the community center at 368-4283.

Saturday, October 21

Northgate's Country Fair

Please join us for our old fashioned fair. We will have all the great old games like wheel barrow races, gunny sack races, pie eating contests, face painting, fair food, homemade ice cream and loads of family fun.

More information regarding this special event week will be available on September 8, 2006.



Parade of Costumes and a Treat

Tuesday, October 31

5:45 - 6:45pm

Bring your child all dressed up for a night of "Trick or Treat" to Northgate to show off before the night begins.

Holiday Celebrations from Around the World

Free

Saturday, December 16, 2006 11:00am - 4:00pm

Location: Multipurpose room

Join us in experiencing holidays from around the world. We will play games, enjoy music, taste foods and get to know the cultures that make up our community. If you wish to submit games, music or food ideas that represent your culture please contact the Northgate Community Center at (206) 386-4283.

The Pro Parks Levy is making a difference in your community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!

10510 5TH AVE NE / SEATTLE, WA 98125 - (206) 38N-GATE

DROP-IN

Beginning December, all drop in times will change due to Citywide youth basketball practices.

*Open Gym Information

The City of Seattle charges an Adult Sport Drop-in fee of \$2 per session for adults and \$1 per session for seniors (65+ years). There is no charge for youth 17 years and younger. Please bring picture I.D. for age verification.

Adult Volleyball - Drop-in*

Join the Northgate Community Center on Monday nights to play drop in volleyball. Open to 30 players of all skill levels on two courts, you just have to call your own mistakes. No drop-in October 19th.

Location: Gym **9/11/06-12/18/06**
Monday **6:30 - 8:45 p.m.**

Wear 'em Out \$2.00 per child

Children 6 and under

Bring your young ones in for our new gym drop-in time. Toys will be made available for play and parents must supervise their children.

Tuesday/Thursdays **10:00 a.m. - 1:45 p.m.**

Saturday Family Drop-in

Adults \$2, Kids Free

Family Basketball **12:00 - 2:00 p.m.**
Family Badminton **2:00 - 4:45 p.m.**
Family Game Room **10:00 - 5:00 p.m.**

Fitness Room

Take a little time to get a workout in our new fitness room. Learn to use our fitness equipment safely and effectively plus learn how to properly warm-up exercise and stretch. All that is needed to start is to take a one time hour class to ensure that you can use all the machines safely. The cost of the course is \$10.00. We have two stationary bikes, a treadmill, an inner/outer thigh machine, a seated leg press, a Stairmaster upper body system, and a rowing machine. After that, each visit is a low drop-in rate.

Mon./Wed./Fri. **1:00 - 8:45 pm**

Tuesday **10:00 am - 3:00 pm,**
4:00 - 8:45pm

Thursday **10:00 am - 1:00 pm,**
4:00 - 8:45pm

Saturday **10:00 am - 4:45 pm**

\$2 drop-in or \$20 11-visit punch card

Adult Basketball Drop-in*

The gym may be divided into two shorter courts when the volume of players is high. No drop-in on 10/19 - 10/21.

Mon./Wed./Fri. **1:00 - 2:00 p.m.**

All Ages Drop-in*

The gym may be divided into two shorter courts when the volume of players is high. No drop-in on 10/19 - 10/21.

Monday **2:00 - 6:00 p.m.**

Tuesday **2:00 - 3:00 p.m., 6:00 - 8:45 p.m.**

Wednesday **2:00 - 5:00 p.m.**

Thursday **2:00 - 3:00 p.m.**

Friday **2:00 - 8:45 p.m.**

On the Lawn \$5 Drop-in

Croquet, horseshoes, boccé ball. Items available for checkout at the front desk.

Monday - Friday **1:00 - 5:30 p.m.**

Saturday **1:00 - 4:30 p.m.**

Deck 'Em \$2/drop-in

Ages 18 and older

We have reserved a room for you to play all your favorite games. Bridge, spades, hearts, etc.

Location: Meeting Room

9/18/2006 - 12/18-2006

Mondays **12:00 - 3:00 p.m.**



Investigating Pain Causes and Treatments

Introduction to Pain Management is 10:00 - 11:00 am and Open discussion is 12:00 - 1:00 pm. Moderator: Patricia Hendricksen, President-Fibromyalgia Freedom House nonprofit 501 (c) (3)/charity. Free Massages at most meetings. Workshop registration is FREE! Sign up a head of time to insure seat. **Please call Patricia at (206) 362-2395, for more details.**

Location: Meeting Room

Donations **9/19/06 to 10/10/06**

Tuesdays **11:00 a.m. - 1:00 p.m.**

YOUTH PROGRAMS

Youth Ballroom Basics:

No partner necessary. Get to know people and build self-confidence in a fun, supportive, social environment.

Swing

\$35

Ages 7 - 12

Learn the basics of this popular lively and energetic social dance. This class includes underarm turns, single, double and triple rhythm, footwork, understanding the dance beat, timing, styling, and partnering. Opportunity will be provided to dance this fast-paced dance to rock, pop, 50's music, and more!

Instructor: Diane Joslin

Location: Multi-Purpose Room

9/20/2006 - 10/11/2006

#10870

Wednesday

5:30 - 6:30 p.m.

Waltz

\$35

Ages 7 - 12

Introduction to one of the most elegant social dances: begin learning to move around the dance floor with style and grace. This class includes the box, turning box, progressive step and understanding the waltz rhythm, personality, and movement. Opportunity will be provided to practice lead, follow, and dance frame.

Instructor: Diane Joslin

Location: Multi-Purpose Room

10/18/2006 - 11/8/2006

#10871

Wednesday

5:30 - 6:30 p.m.

Rumba

\$35

Ages 7 - 12

Basic steps and movements for slower tempo Latin or pop music; learn to hear the beat and move to the rhythm. This class includes the basic patterns and turns, as well as Latin dance personality. Opportunity will be given to practice this Latin rhythm in partnership. **No Class 11/22/06**

Instructor: Diane Joslin

Location: Multi-Purpose Room

11/15/2006 - 12/13/2006

#10872

Wednesday

5:30 - 6:30 p.m.

Fashion Illustration

\$50

Ages 11 - 17

Learn Lots of great drawing techniques as you build toward rendering your own designs and fabrics. You'll have plenty of visual inspiration to lead you on. You'll learn techniques that show proportion, texture, highlighting, and exaggeration as you work on your own designs of snazzy clothing all drawn on the human figure.

Instructor: Betsy Schairer

Location: Teen Room

Tuesday

3:00 - 4:30 p.m.

Session 1

9/19/2006 - 10/24/2006

#10763

Session 2

10/31/2006 - 12/5/2006

#10764

Story Book Art

\$40

Ages 4 - 6

Write and illustrate your own stories. Creativity is a must for this class. Students will first create and illustrate a group story and then they will move on to do their own. Each student will be able to take home books of their own creation.

Instructor: Miriam Castro

Location: Art Room

10/31/2006 - 12/12/2006

#10785

Tuesday

3:15 - 4:15 p.m.

Tree of Life

\$75

Ages 3 - 5

Using collage we will make a life size picture of a tree that you can hang up at home and change throughout the seasons. A beautiful addition to your child's room that lends itself to family activity as you poignantly mark the passage of time. **No Class 11/23/06**

Instructor: Susan Moffitt

Location: Art Room

9/21/2006 - 11/30/2006

#10786

Thursday

11:30 a.m. - 12:30 p.m.

Dino Explorers

\$75

Ages 3 - 5

Come learn about these prehistoric creatures and make exciting crafts in the process. We'll explore different kinds of dinosaurs and speculate upon why they went extinct. Make dino eggs, dioramas, bones and more. **No Class 11/23/06**

Instructor: Susan Moffitt

Location: Art Room

9/21/2006 - 11/30/2006

#10762

Thursday

10:00 - 11:00 a.m.

10510 5TH AVE NE / SEATTLE, WA 98125 - (206) 38N-GATE

YOUTH PROGRAMS

Youth Basketball

Ages 8-17

(Age Determined As Of August 31st 2006)

Citywide basketball programs are available to youth ages 10-18. The citywide youth basketball program provides players the opportunity to develop basic skills, team play and sportsmanship. Players sign up at their local community center, where practices take place. Teams are group by ability and placed in appropriate leagues according to their skill level. All players are required to play a minimum amount of playing time in each game. Games are played at local community centers and schools in the Seattle area. Play begins on January 7th and concludes with league championship games on March 25th. Practices may not be known at the time of registration.

Cub League
(ages 8-9)

Citywide League
(10-17)

Age group determined by whatever the participant's age was as of August 31st 2006. Participants must play in their own age group. To play in the Cub league, player must turn 8 by 8/31/06

Youth Basketball Registration (in person only)
Please read over Youth Team Registration Information and have all information ready at time of league registration.

Registration: Saturday, October 7th from 10:00am - 5:00pm

Basketball sign ups for girls and boys begin in person on Saturday, October 7th. There will be limited registration.... First come, First serve! BASKETBALL REGISTRATION ENDS AS TEAMS FILL UP OR NOVEMBER 21, WHICHEVER COMES FIRST.

YOUTH TEAM SPORTS REGISTRATION INFORMATION

Forms available at the center. To register, all of the following steps must be completed and turned in at the same time. Incomplete packets will not be accepted.

- 1) Bring Xeroxed copy of birth certificate.
- 2) Complete permission/medical form.
- 3) Complete general sports registration form.
- 4) Pay fee.
- 5) Complete contract.

Volunteer Coaches Needed

Volunteer coaches are needed for volleyball, flag football and basketball. For more information please call Northgate Community Center at (206) 386-4283.

\$65

Learning to Draw Animals

\$40

Ages 5 - 12

Bring your favorite animals to life while learning to draw. This class covers the basics of drawing while encouraging creativity and a love for art. Students will be taught to draw many different animals and will be given free reign to the creative direction that they would like to take their drawings. A variety of drawing materials will be used, allowing the student to experiment and explore the mediums that they enjoy most.

Instructor: Miriam Castro

Location: Art Room

10/3/2006 - 11/7/2006

#10769

Tuesday

4:30 - 5:30 p.m.

Flag Football Coed

\$30

Ages 10-11, 12-14

(Age determined as of August 31st 2006)

Boys and girls are invited to take part in the Seattle Department of Parks and Recreation's flag football program. Volunteer coaches will work on plays and conditioning as teams prepare to compete against other community centers. Games will be played on Saturdays or Sundays depending on age range. Players will learn offensive and defensive skills that will enhance their natural abilities.

8/28/06 - 10/26/06

Tuesday/Thursday

5:00 - 6:00pm

Little Champs

\$55

Ages 4 - 6

The Little Champs basketball series give little athletes a chance to learn the basic fundamentals of passing, dribbling, and shooting as well as physical fitness and teamwork. Basically a whole lot of FUN! All participants will receive Little Champs T-Shirts. **No Class 11/11/06**

Instructor: Jasen Thomas

Location: Gym

10/7/2006 - 11/18/2006

#10856

Saturday

11:00 a.m. - 12:00 p.m.

Lawn Games

\$25

Ages 5 and older

Come one come all! Bring your friends, bring your families! Learn new games and practice your favorites. Croquet, Bocce Ball, Blongo, Deck Tennis, and more!

Instructor: Juli Sanders

Location: Patio

9/14/2006 - 10/19/2006

#10847

Thursday

6:00 - 7:30 p.m.

Pie Baking Class

\$15

Ages 7 - 14

In this course we will instruct youth on how to make their own apple pies. Homemade crust and a secret recipe will be passed on to those who take this course. The cost of food is included in registration price.

Location: Kitchen

10/17/2006

#10857

Tuesday

3:30 - 5:30 p.m.

YOUTH/TEEN DANCE CLASSES

Beginning Ballet/Tap

\$45

Ages 4 - 6

Required: Ballet and Tap Shoes, leotard and tights or comfortable gym clothing with hair pulled back. Do your kids want to be a ballerina when they grow up? This class is perfect for your little ones who want to have fun learning the basics! The one hour class will consist of easy stretching and warming up and learning the fundamental positions and steps of both ballet and tap. We will also include dance games and make believe for fun! Andee has been dancing since the age of four and has studied ballet, tap, jazz, pointe, hip hop and lyrical. She has trained and also has taught at Kathy's Studio of Dance, Bellevue Community College, Western Washington University and All That Dance. She graduated from Western Washington University with a degree in Communications and also has extensive experience in theater and radio broadcasting." **No class 10/20/06, 11/10/06, 11/24/06**

Instructor: Andee Skjonsberg

Location: Multi-Purpose Room - Large

Friday 6:00 - 7:00 p.m.

Session 1

9/22/2006 - 10/27/2006 #10827

Session 2

11/3/2006 - 12/15/2006 #10828

Hip Hop Dance - Youth

\$40

Ages 10 - 18

Beginning Hip Hop for ages 10 through teens for those who want to learn basic dance steps and body isolations through modern hip hop choreography. This class is designed for students with little or no experience who want to learn the joy of dance in a non-competitive atmosphere and just want to have fun and add some bounce to their step! Andee has been dancing since the age of four and has studied ballet, tap, jazz, pointe, hip hop and lyrical. She has trained and also has taught at Kathy's Studio of Dance, Bellevue Community College, Western Washington University and All That Dance. She graduated from Western Washington University with a degree in Communications and also has extensive experience in theater and radio broadcasting. **No class 10/20/06, 11/10/06, 11/24/06**

Instructor: Andee Skjonsberg

Location: Multi-Purpose Room

Friday 7:00 - 8:00 p.m.

Session 1

9/22/2006 - 10/27/2006 #10845

Session 2

11/3/2006 - 12/22/2006 #10846

Teen Latin Basics:

No partner necessary. Get to know people and build self-confidence in a fun, supportive, social environment.

Salsa

\$35

Ages 12 - 17

Learn the basics for one of the hottest social dances. Salsa is all about fast Latin rhythm and styling. This class includes the basic step, underarm turns, lead, follow, styling, and timing. Opportunity will be given to practice the challenging basics, to music, in partnership.

Instructor: Diane Joslin

Location: Multi-Purpose Room

9/20/2006 - 10/11/2006

#10863

Wednesday

6:30 - 7:30 p.m.

Rumba

\$35

Ages 12 - 17

Slow down the tempo and begin to move to this steamy Latin dance. Basic steps and movements for slower tempo Latin or pop music; learn to hear the beat and move to the rhythm. This class includes the basic patterns and turns, as well as the Latin dance personality. Opportunity will be given to practice this Latin rhythm in partnership.

Instructor: Diane Joslin

Location: Multi-Purpose Room

10/18/2006 - 11/8/2006

#10865

Wednesday

6:30 - 7:30 p.m.

Cha Cha

\$35

Ages 12 - 17

The basics will be taught to get you moving to the music of Latin, rock, and pop with this high energy and sassy dance. Get your heart pumping as your feet begin to move to the cha cha rhythm. This class includes the basic step, turns, lead, follow, and hearing the beat. Opportunity will be given to practice to music in partnership. **No Class 11/22/06**

Instructor: Diane Joslin

Location: Multi-Purpose Room

11/15/2006 - 12/13/2006

#10867

Wednesday

6:30 - 7:30 p.m.



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TEEN PROGRAMS

Girls Volleyball

\$30

Volleyball is available to athletes ages 10-17 in three different divisions. Players learn basic skills, team work, and sportsmanship skills needed to participate in league play. Players sign up at their local community center and practice there, with games being played at central community center sites. Leagues are formed and play begins the week of September 19 and concludes the week of November 14. For more information please call Monica Wort at (206) 684-7080.

Location: Gym

9/12/2006 - 11/9/2006

Tuesday, Thursday

3:30 - 5:30 p.m.

Ages 10 - 11

#9340

Ages 12 - 13

#9341

Ages 14 - 17

#9342

Lawn Games

\$25

Ages 5 and older

Come one come all! Bring your friends, bring your families! Learn new games and practice your favorites. Croquet, Bocce Ball, Blongo, Deck Tennis, and more!

Instructor: Juli Sanders

Location: Patio

9/14/2006 - 10/19/2006

#10847

Thursday

6:00 - 7:30 p.m.

Babysitter's Training

\$38

This course teaches 11-15 year olds how to handle emergencies, prevent accidents, and understand children's needs at different ages. **Students can register online at seattleredcross.org or by phone at (206) 726-3534.**

Location: Childcare Room

Saturday

10:00 a.m. - 5:00 p.m.

Session 1

9/23/2006

#69557

Session 2

11/18/2006

#69558

Comic 101:

Visual Storytelling

\$50

Ages 13 - 17

This class will cover the basic concepts behind the art of comics, and attempt to open the students mind to the limitless possibilities of visual storytelling. Students will work on specific assignments before moving on to creating their own projects.

Instructor: Helen Parson

Location: Art Room

9/25/2006 - 11/13/2006

#10835

Monday

6:00 - 7:00 p.m.

Reclaimed Textiles

\$65

Ages 11 and older

The art of using reclaimed textiles is becoming more and more popular as the need to express stylish individuality increases. It's often as simple as cutting the sleeves off an old rock t-shirt, or turning that sweater buried at the bottom of the closet into a one-of-a-kind scarf with matching leg warmers!! Betsy Schairer will help get your hands on the materials and make something gorgeous with them. You will learn sewing and tailoring techniques that you can apply to fashion, sculpture, decoration, or all of the above. She has a host of great ideas and easy methods to get you turning second hand clothes into first rate fashion. Betsy has a degree in Fibers and Art Education from WWU. She is a fabric artist who designs custom clothes and accessories. Besides having a laid back approach to fashion design, she's always armed with a sunny disposition.

Instructor: Betsy Schairer

Location: Teen Room

Tuesday

5:00 - 6:30 p.m.

Session 1

9/19/2006 - 10/24/2006

#10782

Session 2

10/31/2006 - 12/5/2006

#10783

Learning to Draw Animals

\$50

Ages 13 - 17

Bring your favorite animals to life while mastering the skills of drawing. This class emphasizes the techniques of drawing while encouraging students to be creative and have fun while making art. Students will be working from photographs of animals. As their skill level progresses they will have the choice to bring in their own photographs to work from. A variety of drawing materials will be used, allowing the student to experiment and explore the mediums that they enjoy most. **No Class 11/20/06**

Instructor: Miriam Castro

Location: Meeting Room

Monday

5:30 - 7:00 p.m.

Session 1

9/18/2006 - 10/23/2006

#10854

Session 2

10/30/2006 - 12/11/2006

#10855

M.U.S.I.C.

Making Use of Social Interactions within the Community

M.U.S.I.C. is the drop in teen program at Northgate Community Center. Teens can come in anytime after school for several areas of fun and excitement. Sports, games, food, road trips - you name it and we're on it.

Mission Statement

"Our teen program is here to assist parents in supporting their teens. It is our goal to engage the youth of the Northgate Area in meaningful and productive activities that will develop their personal, educational, and social skills".

Teen Advisory Council

This is an opportunity to be heard. We need a great group of teens to be our advice group. Advise the community center on programs and events to put on for youth in the community. Youth may earn service credit hours.

2nd and 4th Tuesday of every month
5:00pm - 6:00pm

Service Learning

Need service learning hours? Well come on down to Northgate Community Center and have some fun filling those hours. Organize special events, or help out with the senior adult programs at the center. It's all up to you.

Thursday Nights 5:00pm - 7:30 pm
Where: Locations may vary

Adopt-a-Senior

Let's give back to those who paved the way! Teen Zone of Northgate Community Center is going to adopt the senior citizens in the area. We are going to lend one evening a week to help rake leaves, go grocery shopping, or play BINGO.

EARN SERVICE LEARNING HOURS!

Thursdays 5:30 pm - 8:00pm



Homework Assistance

For those teens who need the extra help you can get it here. Allow your peers or older classmen the chance to help you with your homework.

Monday & Tuesday 4:00pm - 5:15pm
Wednesday 3:00pm - 4:00pm

Location: Teen Room

Sister's Circle

Free

Join the Sister's Circle book reading club at Northgate Community Center. Improve your reading comprehension skills, while reading what you want to read, and discussing it with your girls.

1st and 3rd Tuesday of every month

Where: Teen Room **5:00pm - 6:00pm**

T.G.I.F. Movie

Free

Every Friday night join the Teen Zone at Northgate and see the New Releases the day they come out. **No program 11/10/2006.**

Friday Nights

Time: Depending on show times



Seminars and Workshops

Dates and times to be announced.

Exit College Bound Ongoing Workshop

The time has come for you High School Seniors to graduate and head into the real world. If you are interested in College, come to this workshop and work on your entrance packets. Time is a hard thing to find and if you put it off you'll forget all about those deadlines.

So, let's work on those college applications together, get the answers to the essay questions that you need and help with that stressful Financial Aid application.

We will even go tour some of the colleges in Washington State.

10510 5TH AVE NE / SEATTLE, WA 98125 - (206) 38N-GATE

M.U.S.I.C.**Take the Lead****Free**

Learn the rhythm of Hip-Hop while adding a twist of class. Inspired by the motion picture film, we are going to take ballroom dancing and make it SOMETHING NEW!

Tuesday & Friday Evenings **Time: TBD**

Where: Northgate Community Center

Independent Living**Free**

"Learn to be on your own, before you are on your own". With the Teen Zone learn how to COOK for yourself, SHOP for yourself, and most importantly EAT!

Every other Friday **4:00 - 6:00 p.m.**

Time: before or after movie depends

Where: Kitchen

Work it Out**Free**

Let's shed those pounds together. Working out in a group can sometimes be better than being alone. Let's find out.

Tuesday & Thursday **3:00 - 4:00 p.m.**

Location: Fitness Room

Late Night for Teens!**Free**

Stay up until the Midnight hour, at Bitter Lake and Meadowbrook Community Centers. Late Night is for youth 13 - 19 to enjoy basketball, arts and crafts, board games, organized sports, video games, or just plain ole' socializing. Bring your friends, your family, or just come to meet someone NEW!

Bitterlake Community Center - Late Night

(684-7524) is only open Fridays from 7:00pm - 12:00am

Meadowbrook Community Center - Late Night

(684-4573) is only open 7:00pm - 12:00am Friday (Middle School only) and Saturday (High School only).

**ADULT PROGRAMS****Beginning Acrylic Painting \$85**

Ages 16 and older

Throughout the course, students will learn how to stretch canvas, use different types of paint, and exercise basic painting techniques. Subjects will paint images from 2-D images, 3-D objects, and weather permitting, outdoor landscapes. Students will also have the opportunity to create a painting of his or her choice.

Instructor: Jason Matsune

Location: Art Room

9/19/2006 - 11/17/2006

#10759

Tuesday**6:00 - 8:00 p.m.****Beginning Oil Painting Session 1****\$65**

Ages 18 and older

Session 1 will introduce students to the basics of oil painting and the various techniques used in creating a beautiful painting. The fundamentals of oil painting will be taught along with color theory, composition, perspective and texture techniques. Students will be encouraged to experiment with the medium while developing confidence in their artistic abilities. Lessons will be geared towards student's goals for the course and as always, all skill levels are welcome! Please join us this fall for a fun course in the fundamentals of painting.

Instructor: Cleo Peterson

Location: Art Room

9/20/2006 - 10/25/2006

#10794

Wednesday**6:00 - 9:00 p.m.****Beginning Oil Painting Session 2****\$65**

Ages 18 and older

Session 2 will be an extension of beginning painting Session 1. In this course, students will begin focusing their work towards more specific genres of oil painting. We will experiment with classical and contemporary styles to gain a stronger understanding of the material. Students will be encouraged to work on personal projects as part of the course while under the guidance of a trained instructor. Lesson topics will include more detailed tutorials on color, texture and composition. **No Class 11/22/06**

Instructor: Cleo Peterson

Location: Art Room

11/1/2006 - 12/13/2006

#10795

Wednesday**6:00 - 9:00 p.m.**

ADULT PROGRAMS

Piyo

Ages 18 and older

Strengthen and stretch all in one class! PiYo offers a unique blend of Pilates and Yoga techniques. We use Pilates to strengthen our core muscles and Yoga to build flexibility and balance while releasing tension. All fitness levels encouraged to join! **Bring an exercise mat.**

Instructor: Jessica Gleason

Location: Multipurpose Room B

Session 1

10/9/2006 - 11/13/2006

Monday

\$50

#10780

6:30 - 7:30 p.m.

Session 2

11/20/2006 - 12/18/2006

Monday

\$45

#10781

6:30 - 7:30 p.m.

Pilates

Ages 18 and older

People are crazy for Pilates, all for good reasons! Tone your muscles and strengthen your abdomen to support your spine and improve flexibility. Join us for abdominal stretches, legwork, and back exercises all designed by Joseph Pilates. This class is perfect for all fitness levels. **Bring an exercise mat.**

Instructor: Jessica Gleason

Location: Multipurpose Room B

Session 1

10/9/2006 - 11/13/2006

Monday

\$50

#10776

5:00 - 6:00 p.m.

Session 2

11/20/2006 - 12/18/2006

Monday

\$45

#10777

5:00 - 6:00 p.m.

Beginning Yoga

\$45

Ages 18 and older

Journey into a 6-week beginner course for those with little to no experience to stretch, strengthen, and release the mind and body. This class will provide the foundation for yoga asana (postures) and pranayama (breathing).

Bring an exercise mat. No Class 11/21/06

Instructor: Crystal Leaver

Location: Multi-Purpose B

Session 1

9/19/2006 - 10/24/2006

Tuesday

#10760

6:00 - 7:15 p.m.

Session 2

10/31/2006 - 12/12/2006

Tuesday

#10761

6:00 - 7:15 p.m.

Beginning Kripalu (Compassionate) Yoga

Ages 18 and older

Found throughout the east coast yoga scene, this a fantastic practice for people in mid-life and beyond and is equally beneficial for younger students seeking to relax and enjoy life more fully. Its practice has the potential of resolving long standing restrictions-physically, emotionally and spiritually by blending gentle stretches with slow paced poses. The breath and movement of yoga and the silent still moments are part of this process, as is laughter, sighing, and having fun. With attention to alignment as a core process, Kripalu yoga is both strengthening and energizing. It encourages people of all ages to begin where they are and adapt postures to their body's individual needs. 30+ years of yoga practice combined with the excellent training at Kripalu Center for Yoga makes our teacher aptly qualified to teach a diverse range of students.

Bring an exercise mat and a small pillow. No class 11/22/06.

Instructor: Sandy Callender

Monday Class

Location: Multi-Purpose A

6:00 - 7:30 p.m.

Session 1

9/18/2006 - 11/6/2006

\$65

#10765

Session 2

11/13/2006 - 12/11/2006

\$40

#10766

Wednesday Class

Location: Childcare Room

6:00 - 7:30 p.m.

Session 1

9/20/2006 - 11/8/2006

\$65

#10765

Session 2

11/15/2006 - 12/13/2006

\$40

#10766

Vinyasa Yoga

\$45

Ages 18 and older

Join in an intermediate/open level for those who want a deeper and more challenging experience. This flowing asana practice will build strength, flexibility, and understanding of yoga poses.

Bring an exercise mat. No Class 11/21/06

Instructor: Crystal Leaver

Location: Multi-Purpose B

Tuesday

7:30 - 8:45 p.m.

Session 1

9/19/2006 - 10/24/2006

#10789

Session 2

10/31/2006 - 12/12/2006

#10790

10510 5TH AVE NE / SEATTLE, WA 98125 - (206) 38N-GATE

ADULT PROGRAMS

Drawing from Photographs \$50

Ages 16 and older

Adults and teens turn your favorite photographs into a work of art. This class welcomes students of all skill levels. An emphasis is placed on the basic techniques of drawing and encourages students to work at their own pace. A choice of materials will be provided, but pencil and charcoal drawing will be stressed as the class begins. Please bring a choice of a few photographs to the first class that you might like to draw. Whether portraiture or landscape is your choice, nothing is out of your league.

Instructor: Miriam Castro

Location: Art Room

Monday 7:30 - 9:00 p.m.

Session 1

9/18/2006 - 10/23/2006 #10841

Session 2

10/30/2006 - 12/11/2006 #10842

Figure Drawing Intermediate \$70

Ages 16 and older

Learn to draw the human figure! Whether this is a new subject for you or a skill you want to polish, this class will help you develop your abilities and learn new techniques. Technical and creative techniques will both be addressed, as well as the application and mixing of various media. You may surprise yourself with your undiscovered talent!

Instructor: Sarah Takahashi

Location: Meeting Room

9/22/2006 - 10/27/2006 #10843

Friday 6:30 - 9:00 p.m.

Beginning Watercolor Painting \$75

Ages 18 and older

This course will explore in detail the technical aspects of watercolor painting-its hazards and its wonders. Each class will consist of an introduction to one aspect of watercolor and time for students to experiment with that aspect and receive individual help and attention, painting from life or imagination.

Instructor: Helen Parson

Location: Art Room

9/25/2006 - 11/13/2006 #10831

Monday 7:00 - 9:00 p.m.

First Aid & Adult CPR \$55

This course teaches how to respond to an emergency, proper techniques of controlling bleeding, treatment for burns, poisonings and suddenillness,choke-savingmaneuvers,rescue breathing & CPR for adults. This course meets OSHA & WISHA requirements. **Students can register online at seattlredcross.org or by phone at (206) 726-3534.**

Thursday 11:00 a.m. - 7:00 p.m.

Session 1

9/14/2006 #69560

Session 2

10/12/2006 #69561

Session 3

11/16/2006 #69562

Session 4

12/14/2006 # 69563

Millinery Basics - (Hats) \$75

Ages 16 and older

Throughout history humankind has covered and adorned their head and although it started as protection from the elements, hats soon became an expression of status, tradition and style. Now you can learn to create your own stylish hats in this 6 week course taught by Belle McCluskey, a theatrically trained milliner. Students will create three different hats using techniques such as steaming and blocking a felt or straw hat, patterning and sewing a soft fabric hat, and creating a cover buchram frame. You will also learn some millinery history, and professional millinery techniques for finishing and trimming your creation. The materials fee is included in the class fee. **No class 11/10/2006**

Instructor: Belle McCluskey

Location: Art Room

10/20/2006 - 11/17/2006 #10770

Friday 6:00 - 7:30 p.m.



ADULT PROGRAMS

Season's Greetings

\$25

Ages 16 and older

Join artist Susan Moffitt as she shares her original designs and techniques for making beautiful handmade cards for Christmas, Hanukah, and the winter season. Susan participates nationally in holiday sales at museums and craft galleries. If you have an X-acto knife, ruler, and/or cutting mat please bring them.

Susan Moffitt

Location: Art Room

11/11/2006

#10859

Saturday

1:00 - 3:00 p.m.

Deck the Halls

\$25

Ages 16 and older

Whatever aspect of the holiday season you celebrate you'll find out how to make lovely decorations to render your home more warm and festive or give as gifts to your friends and love ones.

Instructor: Susan Moffitt

Location: Art Room

12/2/2006

#10875

Saturday

1:00 - 3:00 p.m.

Stained Glass

\$95

Ages 18 and older

In this beginning class, students will learn to design and make patterns, to cut glass, to use copper foil, to solder, and to construct 3 stained glass projects. (Students have the option to complete two of the three projects depending on the difficulty of the design.) Long pants, socks, and closed-toed shoes plus safety goggles are required in the studio. Books with designs and examples will be available for inspiration. Stained glass techniques for example foiling and soldering will be introduced as the students progress towards each concept. The instructor will be available to help master stained glass concepts and construction. The entire class is all hands on.

Instructor: Miriam Castro

Location: Meeting Room

9/19/2006 - 11/7/2006

#10784

Tuesday

6:00 - 7:15 p.m.

Lawn Games

\$25

Ages 5 and older

Come one come all! Bring your friends, bring your families! Learn new games and practice your favorites. Croquet, Bocce Ball, Blongo, Deck Tennis, and more!

Instructor: Juli Sanders

Location: Patio

9/14/2006 - 10/19/2006

#10847

Thursday

6:00 - 7:30 p.m.

Mosaic Madness

\$70

Ages 16 and older

In this 6 week class students will learn the basics of mosaic design and installation. Students will bring their own mosaic pieces (broken china, found objects, tile, shells, flattened marbles, colored glass, smooth pebbles, etc.) to the first class. Some beautiful nuggets of recycled art glass and other materials will be available for purchase during the 6 week period. Students will mosaic stepping stones, small wall murals, furniture, frames, mirrors, etc. Bring in an old towel, plastic knife or putty knife, hammer, form- fitting rubber gloves, apron (or wear work clothes), and a plastic pail. **No Class 11/23/06**

Instructors: Jill Beppu & Rachael Bigham

Location: Art Room

Thursday

6:30 - 8:30 p.m.

Session 1

9/21/2006 - 10/26/2006

#10771

Session 2

11/2/2006 - 12/14/2006

#10772

Outdoor Mosaics

\$70

Ages 16 and older

In this 6 week class students will focus on creating mosaics that will withstand the weather and vertical surface mosaics, small to large. Concrete statuary or wood furniture (to be surfaced with durock) will be brought to class and mosaicked. Mosaics glued to pieces of hooked rug backing will be created for later installation as wall murals. Students will bring their own mosaic pieces (broken china, found objects, tile, shells, flattened marbles, colored glass, smooth pebbles, etc.) and forms to the first class. Some beautiful nuggets of recycled art glass and other materials will be available for purchase during the 6 week period. Bring in an old towel, plastic knife or putty knife, hammer, form- fitting rubber gloves, apron (or wear work clothes), and a plastic pail. **No Class 11/22/06**

Location: Meeting Room

Instructors: Jill Beppu & Rachael Bigham

Wednesday

7:00 - 9:00 p.m.

Session 1

9/20/2006 - 10/25/2006

#10774

Session 2

11/1/2006 - 12/13/2006

#10775

10510 5TH AVE NE / SEATTLE, WA 98125 - (206) 38N-GATE

COOKING CLASSES

**For cooking courses - all food and materials for course included in price.
Please bring your own container to take your food home.**

A Romantic Dinner for 2 \$50

Ages 18 and older
You and the night and the music. Oysters Rockefeller, roasted squab and chocolate souffle. Perfect for you and that special friend.
Instructor: Howard Aller
Location: Kitchen
12/16/2006 #10874
Saturday 12:00 - 5:00 p.m.

First Things First \$45

Ages 18 and older
An amazing variety of appetizers and amuses tapas, mezzes and other light nibbles.-Even a few vegan and vegetarian.
Instructor: Howard Aller
Location: Kitchen
12/9/2006 #10844
Saturday 1:00 - 5:00 p.m.

Bubby Back! Eastern European Cuisine \$50

Ages 18 and older
Learn your Russian's grandmother's secrets, chicken soup with matza balls, noodle pudding, brisket with kasha and other eastern European delicacies.
Instructor: Howard Aller
Location: Kitchen
11/3/2006 #10834
Friday 5:30 - 9:00 p.m.

Pie Baking Classes \$15

Ages 15 and older
In this course we will instruct youth on how to make their own apple pies. Homemade crust and a secret recipe will be passed on to those who take this course. The cost of food is included in registration price.
Location: Kitchen
10/17/2006 #10858
Tuesday 5:30 - 7:30 p.m.

Creole Delights - The Cuisine of New Orleans \$90

Ages 18 and older
New Orleans lives!!!! Only jazz, gumbo, jambalaya, etouffee, and other luscious Creole lip-smackers, even Bananas Foster if we have time.
Instructor: Howard Aller
Location: Kitchen
10/7/2006 - 10/14/2006 #10836
Saturday 12:00 - 5:00 p.m.

Soul Food- Put Some South in Your Mouth! \$80

Ages 18 and older
Everybody's favorite, not lite, not healthy, just delicious, hearty and satisfying. Fried chicken, southern style vegetables, peach cobbler, and other delectable treats.
Instructor: Howard Aller
Location: Kitchen
9/21/2006 - 10/5/2006 #10860
Friday 5:30 - 9:00 p.m.

Don't Let Your Meat Loaf \$35

Ages 18 and older
"Fun with Ground Beef" - Ground beef and its cousins, is everyone's bargain friend. Learn dozens of options for these low cost wonders.
Instructor: Howard Aller
Location: Kitchen
Friday 6:00 - 9:00 p.m.

Tea for Two (Or Twenty) \$30

Ages 18 and older
Muffins, crumpets, little sandwiches, teacakes and all those yummys, that make this afternoon repast so tasty. And we will make tea too.
Instructor: Howard Aller
Location: Kitchen
Thursday 2:00 - 4:00 p.m.

Session 1
10/20/2006 #10838
Session 2
11/17/2006 #10839
Session 3
12/22/2006 #10840

Session 1
10/12/2006 #10877
Session 2
12/14/2006 #10878



**2 more cooking classes
on next page!**

COOKING CLASSES

Vegetarian Ethnic Indian Cooking

\$80

Ages 16 and older

Learn to cook healthy vegetarian ethnic Indian dishes. Each class will focus on a different part of the meal. In four sessions, you'll have a complete meal achieved; appetizer, side dish, main course and dessert. Share in your instructor's knowledge of family cooking secrets passed down from generation to generation in her homeland, India. Great news at the end of each class you get to eat your projects! The cost of the class includes all food.

Instructor: S. P. Jain

Location: Kitchen

9/19/2006 - 10/10/2006

#10787

Tuesday

6:30 - 8:30 p.m.

Organic Vegetarian & Vegan Cooking

\$150

Ages 16 and older

Explore vegetarian and vegan cuisine while learning the basics of an organic lifestyle. This course will focus on healthy nutrition, organic and sustainable harvested food, and the fundamentals of vegetarian and vegan diets. You will learn how to make delicious appetizers, quick meals, family dinners, ethnic entrees and wonderful desserts! **No Class 11/22/06**

Instructor: Nicole Stotts

Location: Kitchen

10/30/2006 - 12/13/2006

#10773

Monday, Wednesday

6:00 - 8:00 p.m.

Belly Dancing

\$65

Ages 18 and older

Learn the basic Oriental and Tribal dance techniques with the exciting and fun sounds of Middle Eastern music. Through the graceful movements of belly dance, you can enhance your self-image, tone & strengthen muscles & improve flexibility & balance. At the end of each session, you will learn a short choreography. There is an option of incorporating veil, fan, or zills (finger cymbals) in last few class sessions. Wear comfortable dance/exercise clothing. Dance shoes, socks or bare feet recommended.

Instructor: Safina Lee

Location: Multi-Purpose

Thursday

7:30 - 8:45 p.m.

Session 1

9/28/2006 - 11/2/2006

#10832

Session 2

11/16/2006 - 12/21/2006

#10833

DANCE CLASSES

Adult Smooth Basics:

No partner necessary. Get to know people and build self-confidence in a fun, supportive, social environment.

Waltz

\$35

Ages 18 and older

One of the most popular and romantic classic dances: begin the basics to gracefully move around the floor with elegance and grace. This class includes the box, turning box, progressive step and understanding the waltz rhythm, personality, and movement. Opportunity will be provided to practice lead, follow, and dance frame.

Instructor: Diane Joslin

Location: Multi-Purpose Room

9/20/2006 - 10/11/2006

#10822

Wednesday

7:30 - 8:30 p.m.

Foxtrot

\$35

Ages 18 and older

Begin the basics for this "Fred and Ginger" inspired partnership dance, to the music of Frank Sinatra, Big Band rhythms, and much more. This class will include progressive, turning, box steps, and becoming familiar with the rhythm of this carefree cousin of the swing. Opportunity will be given to practice with music in partnership using the dance frame.

Instructor: Diane Joslin

Location: Multi-Purpose Room

10/18/2006 - 11/8/2006

#10823

Wednesday

7:30 - 8:30 p.m.

American Tango

\$35

Ages 18 and older

Enter the dramatic world of this staccato and flirtatious partnership dance as you begin to move around the floor. The class includes the basic steps, promenade, dance frame, lead, follow, and more. Opportunity will be given to practice the unique rhythm and leg movement in partnership. **No Class 11/22/06**

Instructor: Diane Joslin

Location: Multi-Purpose Room

11/15/2006 - 12/13/2006

#10825

Wednesday

7:30 - 8:30 p.m.



10510 5TH AVE NE / SEATTLE, WA 98125 - (206) 38N-GATE

SENIOR PROGRAMS

Northwest Trip Registration Information

Please make checks payable to: City of Seattle
Mail to: Senior Adult Programs, Attn. Carol
NW, 8061 Densmore Ave N.
Seattle, WA 98013-4436.

Trip Registration: Phone-in only by calling 206-233-7138 at 8 a.m. on the date listed for each trip. Leave your name, phone number, and pick-up site. You can sign yourself up and one other person. You'll only be called back if you are on the waiting list. All trip times, costs, and destinations are subject to change. Payment must be received 5 working days prior to departure.

Pick-up Sites:

Ballard CC	6020 28th Ave NW
Bitter Lake CC	13035 Linden Ave N
Northgate CC	10510 5th Ave NE

Southbound trips: Leave Northgate, 30 min before; Bitter Lake 15 min. before; Ballard CC at trip time listed. Northbound trips: Leave Ballard 30 min. before; Bitter Lake 15 min. before; Northgate, at the trip time listed. **Vans will only wait 5 minutes for late people.**

Dead Sea Scrolls \$6

Discover the legendary Dead Sea Scrolls for yourself. Learn how science traced ancient history through modern technology, and experience the religious and cultural impact of the scrolls. Bring \$8.00 with you for admission. Have lunch at the center house afterwards.

Southbound	Reg. Sept. 18
Wednesday, Oct. 4	9:15 a.m. - 1:00 p.m.

Bastyr University Tour \$6

Bastyr University is known for its research in the study of natural healing. Now you have the chance to tour the university and garden. After, enjoy a vegetarian lunch in the cafeteria after the tour- on your own. A suggested donation of \$5 is asked for the tour. Bring cash for your lunch, no credit cards accepted.

Northbound	Reg. Sept. 28
Wednesday, Oct 9	10:15 a.m. - 2:00 p.m.

Cooking Classes: 10-12 p.m. \$12

Our fabulous cooking coach, Rosangela, steps into the kitchen to teach us how to make these simple and easy dishes. The best part is, you get to enjoy your creations afterwards for lunch.

Oct. 24- Squash 101	Northgate
Nov. 21- Savory and Sweet Dishes with Pumpkin (besides pie)	Bitter Lake
Dec. 5- Festive Holiday Drinks	Northgate

Seattle Repertory Theater "Doubt" \$20

John Patrick Shanley's 2005 Pulitzer Prize-winning Doubt (it also won the Tony Award as best play that same year) is a riveting exploration of paranoia and suspicion in the Catholic Church. Set in a Bronx parochial school in 1964-just as the Vatican II reforms begin to transfigure the Church-evidence of a priest's wrongdoing comes to light. Sister Aloysius, a strict school principal and traditionalist nun, faces the decision of a lifetime: Does she openly accuse a priest and give voice to her fear of his sinful actions, or does she bury her suspicions and leave room for doubt? This intense and personal power struggle between Sister Aloysius and Father Flynn ultimately calls into question both faith and justice in the shadows of this cloistered institution.

Southbound	Reg. Sept. 19
Wednesday, Oct 18	1:20 p.m.- 4:00 p.m.

Seattle Premium Outlet Stores and Tulalip Casino \$6

Find great deals at the many outlet stores were we will spend our morning. Then we will head to the casino for lunch, with a little time for playing.

Northbound	Reg. Oct. 19
Wednesday, Nov. 1	9:30 a.m.- 3:00 p.m.

Fall Colors Tour \$12

View part of the beautiful Cascade Mountain Loop at we head out to see the fall colors. We will head just over Stevens Pass to Lake Wenatchee to stretch our legs with a short walk. We will stop for lunch- on your own.

Northbound	Reg. Oct. 20
Wednesday, Nov. 8	9:00 a.m.- 3:30 p.m.

Poinsettias and Lights \$10

We are heading out for a day of Christmas festivities. First we will head to Molbak's for the Festival of Poinsettias, then onto Wright's Nursery in Lynnwood, we will stop for an early dinner- on your own, then weave our way home to see Christmas Light displays.

Northbound	Reg. Nov. 27
Wednesday, Dec 13	2:00 p.m.- 7:00 p.m.

Christmas Caroling Free

Spread some joy to others this holiday season. Join us as we sing at area nursing homes. You don't have to be a great singer to come and be part of the fun.

Limited Pick Up points: Bitter Lake 12:15 p.m.	Reg. Nov 30
Northgate 12:30 p.m.	
Thurs, Dec 14	12:30- 3:00 p.m.

Helping Hands

Simple, one-hour, non-strenuous work and socializing. Bring a sack lunch; we provide the drinks and treats. Name the park that you would like to assist at. Can pick-up from Ballard Community Center. Please register after 8 a.m. Sept. 20.

Oct. 3	Atlantic
Nov. 14	Carkeek

SENIOR PROGRAMS

Special Events

You need to register for special events at least 1 week prior, unless otherwise listed.

AARP Driving Class

Save money on your insurance. Sharpen driving skills and compensate for normal age related physical changes. Class is 2 days. Bring \$10 check made out to AARP on first day.

Thurs. & Fri., Oct 12-13 9:00 - 1:00 p.m.
Northgate

Financial Planning Free

Estate planning specialist provides information about trusts, alternatives to probate, and options for reducing estate taxes. Bring your questions.

Tuesday, Oct 17 10:30- 12 p.m.
Loyal Heights

Almost The Antique Road Show

Free

Pacific Galleries will be here to assist you in discovering if what you have is a treasure or not. Each person is limited to bringing 1 item to be appraised.

Friday, Oct 27 1:00 - 3:00 p.m.
Ballard

You and Your Diet

Free

Do you wonder if you are getting the correct nutrition? A local dietician from Swedish Medical Center will be here to talk about the changing needs of your diet as you age.

Tuesday, Oct 31 10:15- 11:30 a.m.
Ballard

Thanksgiving Dinner

\$10

Enjoy a pre- celebration with friends. Enjoy all the traditional delights will be served, all you need to bring is your appetite. Must register by Nov. 16th.

Sunday, Nov 19 11:00 - 1:00 p.m.
Bitter Lake

Holiday Tea

\$3

Bring your favorite tea cup with you! We will supply the refreshments and tea.

Thursday, Dec 7 1:00 - 2:30 p.m.
Northgate

Crafts: Wreath Making

\$5

Deck the halls with boughs of holly. Join us as we take fresh cut bows holly, cedar, and pine to make wreaths or door ornaments to decorate for the holidays.

Thursday, Nov 30 10:00 a.m. - 12:00 p.m.
Carkeek Park

Northwest Registration Information

Classes/ Special Events

Carol Baxter, Recreation Specialist
206-233-7138

Fall Quarter Dates: Oct. 2- December 15

No Classes: Fri. Nov 10; Thu, Nov. 23; Fri, Nov. 24

Class Registration: Sept. 18th at 8 a.m. by calling 233-7138

All Payments: Please make checks payable to: City of Seattle

Mail to: Senior Adult Programs,
Attn. Carol- NW, 8061
Densmore Ave N.
Seattle, WA 98013-4436.

Northwest Sector Sites

Ballard CC	6020 28th Ave NW
Bitter Lake CC	13035 Linden Ave N
Carkeek Park ELC	950 NW Carkeek Park Rd
Loyal Heights CC	2101 NW 77th St
Northgate CC	10510 5th Ave NE

Exercises

Senior Aerobics

\$20

A friendly, low impact aerobics class that will leave you feeling energized. Body strengthening and stretching taught by certified instructors.

Instructor: Suzanne Matchett

Mondays 10:45 - 11:45 a.m.
#11025 Northgate

Men's & Women's Circuit Training

\$25

Gain strength and increase your endurance at the same time. Great for overall conditioning and fitness.

Instructor: Carol Lorenz

Thursdays 1:00- 2:00 p.m.
#11017 Northgate

Yoga

\$30

Gentle stretching to keep limber and build muscles. Improve your breathing, and balance. All skill/ fitness levels welcome.

Instructor Paul Federowicz

Tuesdays 10:15- 11:15 a.m.
#11026 Northgate

Conditioning with Free Weights

\$30/ 1 day a week

This class is for seniors wanting to get stronger. It will focus on functional strength- using free weights, foam rollers and tubes.

Instructor Sheryl Love

Tuesday #11013	9:00 a.m. - 10:00 a.m.
Thursday #11012	9:00 a.m. - 10:00 a.m.

Northgate

Tai Chi (Wu Style)

\$25

Fall prevention strategies, improved circulation, slow, gentle, short movements.

Instructor John Probestel

Monday #11202 1:00 - 2:00 p.m.
Northgate

10510 5TH AVE NE / SEATTLE, WA 98125 - (206) 38N-GATE

GENERAL INFORMATION

You can make a difference!

Northgate Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Northgate's Advisory Council is always looking for new members. Meetings are held at 6:30 p.m. on the 2nd Tuesday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Northgate Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff at 206-386-4283. Most activities are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

Accommodation for people with disabilities.

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodations, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

RENTAL INFORMATION



MEETING ROOM RENTALS

Our facility offers several spaces for business meetings, presentations, workshops, and outreach events. Tables and chairs are provided, but must be set up by the renter. A refundable damage deposit is required for all rentals.



GYM RENTALS

Grab some friends and come down to play basketball in our gym! Available weekends and after hours. A refundable damage deposit is required for all rentals.



More Information

Please contact Northgate Community Center staff at 206-386-4283 for cost and availability.

10510 5TH AVE NE / SEATTLE, WA 98125 - (206) 38N-GATE

**NORTHGATE COMMUNITY CENTER
WELCOMES YOU TO CHECK
OUT JUST A FEW OF OUR NEW
PROGRAMS THIS QUARTER...**

**STAINED
GLASS**
p 13

**OUTDOOR
MOSAICS**
p 13

**LITTLE
CHAMPS**
p 6

**SOUL FOOD
PUT SOME
SOUTH
IN YOUR
MOUTH!**
p 14

DINO EXPLORERS p 5

**BALLROOM
DANCING**
pp 5, 7, 15

COMICS
101
p 8

**DON'T LET
YOUR MEAT
LOAF**
p 14

**DON'T FORGET NORTHGATE'S OLD COUNTRY FAIR
OCTOBER 17 - 21**

Northgate Community Center
10510 5th Ave NE
Seattle, WA 98125
Phone: 206-38N-GATE
(206-386-4283)

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